

— A SELECTION OF EXPERT

PERSONAL TRAINERS

ESPA

AVAILABLE TO ASSIST AND MOTIVATE YOU
IN YOUR FITNESS GOALS.

MONDRIAN

DOHA



"Winners don't wait for chances, they make them"

— **MICHAEL** is a highly experienced trainer who guides his guests in safe exercise, taking each to their individual physical limitations. He offers counselling on proper nutrition and exercise habits ensuring personal targets of mass gain or weight loss targets are achieved. He also specialises in teaching people how to modify exercises appropriately to avoid injury and exercise safely with existing injuries.

CALL MICHAEL ON 00974 3326 1639 TO BOOK



"If it doesn't challenge you, it doesn't change you"

— **GHAZAL'S** international upbringing and travels allowed her to broaden her knowledge and interest in an active and healthy lifestyle, which lead her into finding her true passion of Yoga. She successfully completed Yoga Teacher Training Program in Los Angeles and teaches Vinyasa based classes.

She is a firm believer that you can train your mind to overcome whatever obstacles come your way and grow through it as a result. She desires to help others to find a sense of peace within themselves and to create a space where they can explore their true potential.

CALL GHAZAL ON 00974 6664 4723 TO BOOK



— **GABRIELA** Originally from Venezuela, Gabriela is a passionate and exciting trainer who is determined to help her guests achieve their goals. She has a unique and professional ability to apply coaching, in all its forms, to every session. From the art of nutrition, to weight loss management, to endurance and to the strength and conditioning training.

CALL GABRIELA ON 00974 3349 7662 TO BOOK



— **XIOMARA** has a Bachelor's degree in Biology with a minor in Chemistry from Texas A&M University-College Station, Texas, USA. She is a certified personal trainer, nutrition and supplements specialist; as well as a WBFF professional fitness competitor. She has a passion for helping others, as seen in her previous work in healthcare, which she combined with a love of fitness and entrepreneurial spirit to share her expertise.

CALL XIOMARA ON 00974 5052 3109 TO BOOK

PERSONAL TRAINING PRICING

Single 60 minutes session	Course of 8 sessions	Course of 12 sessions	Course of 20 sessions
300 QAR	1800 QAR	2500 QAR	4000 QAR

INFO.RESA

espamembership.doha@sbe.com + 974 4045 5550